

Emergency Preparedness for Self-Advocates



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Outcomes

- Learn how to develop a support network for yourself in the event of an emergency.
- Learn what a Self-Advocate can do to prepare ahead in the event of an emergency.
- Help Self-Advocates understand how they can prepare and teach others to prepare.

Why do We Need this Information?

- To be proactive in our need to respond in an emergency:
 - † ***Remember what happened on 9/11?***
 - † ***Remember what happened during Katrina?***
 - † ***Remember what happens with Arizona wildfires?***



Laws that Affect Emergency Preparedness

- Rehabilitation Act of 1973
- Americans with Disabilities Act as Amended in 2008
 - Employment – Title I
 - State and Local Government - Title II
 - Public Entities - Title III
- President George W. Bush issued Executive Order 13347, *Individuals with Disabilities in Emergency Preparedness*, on July 22, 2004.
 - Federal and state regulations

Preparedness

- Size up your risk

- What hazards or problems may arise in your town or neighborhood?
 - ✓ Excessive heat, loss of power, blizzards, earthquakes, wild fires, tornados, hurricanes, and floods.
 - ✓ Contact your state and local emergency management agencies to help you to size up your risk or go to
 - ✓ <http://data.azgs.az.gov/hazard-viewer> to find out the most likely hazards within 3 miles of your home.

Preparedness (continued)

- Building a support network is one of the best ways to survive a disaster.
 - Friends,
 - Family,
 - Co-workers,
 - Personal care attendants, and
 - Others who can assist.
- Network members should know about your abilities and needs.
 - Tell them why you need their help.

Make an Evacuation Plan

- You should make an evacuation plan for your home and work and try to keep it as simple as possible.
- Practice it as many times as you need to feel comfortable.
- Create a layout drawing of your home and that show exits, meeting places and shelter-in-place locations.

Make a Plan (Continued)

- Sheltering in Place means using your home or work as a place for shelter.
 - Gather your family members, support network that are with you and your pets or service animals etc.
 - Within your home or work, select the room that is in the center, has the fewest windows.
 - Lock all doors and windows.
 - Place your “72 hour kit” a.k.a “Disaster Kit” in the room.

Make a Plan (Continued)

- Use plastic and tape to seal your safe shelter from the inside.
- Have supplies ready.
- Care for each family member according to their specific needs.
- Check for news updates using your radio, TV, Internet, or cell phone and follow those instructions.

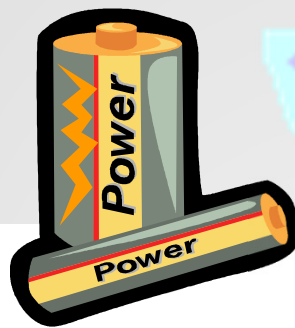
"GO KIT"



- Go Kits are a supply of items that you will need if you have to go to a shelter.
- "Go Kit" has fewer items, but are necessary to take with you if you have to evacuate immediately.

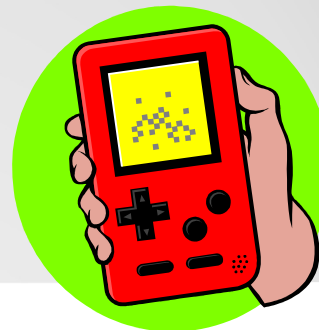
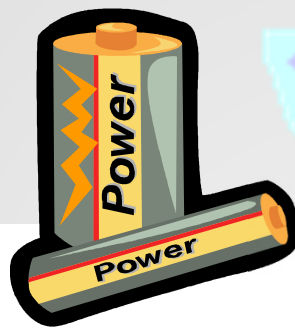
“GO KIT” (continued)

- Go Kits contain items for Self-Advocates
 - Copy of your evacuation plan (names/picture of family & pets)
 - Identification card with picture
 - Important documents (stored in a water tight portable container i.e. Ziploc baggie)
 - Wills, Medical Power of Attorney, Medical Directives, Medical Records (highlight/overview)
 - Insurance Policies



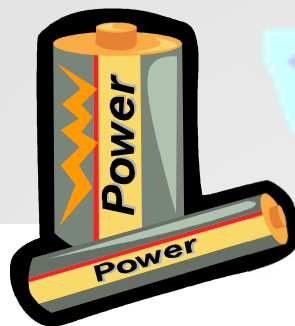
"Go Kit" (continued)

- Contracts/agreements
- Deeds
- Birth Certificates
- Utility Bills (prove residency)
- Passports, Social Security Cards
- Inventory or Digital record of your property/valuables
- Cash/Credit Card (ATM's may not be working)



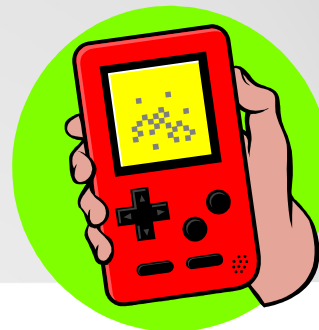
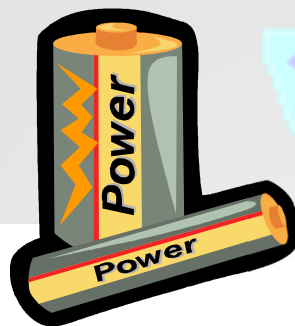
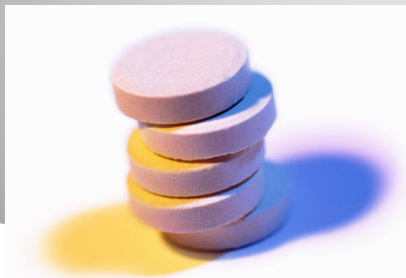
"GO KIT" (continued)

- List of Daily/Maintenance medications (min. 3 day supply)
- Change of clothing for each person
- Snacks
- Bottled water for each member (include pets)
- Essential/easily transportable medical equipment/supplies
- See specialized list below for possible functional needs supplies/equipment you may need to include



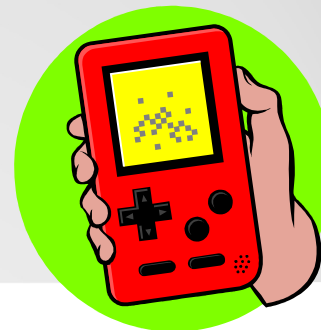
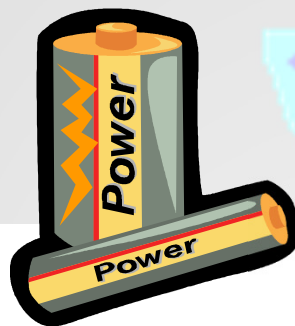
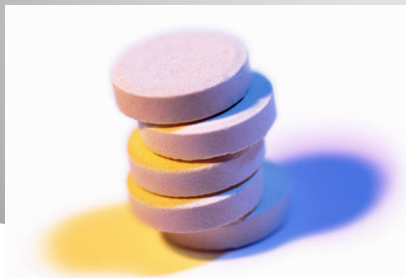
"Go Kit" (continued)

- If you enter a 'General Population' shelter notify the shelter manager of your need for medical equipment
- Medications
- Alternative power source or spare batteries for communication devices
- Paper and writing materials
- A favorite item (e.g. small video game or book)



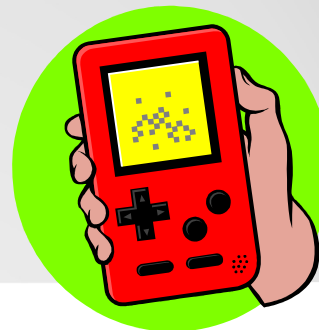
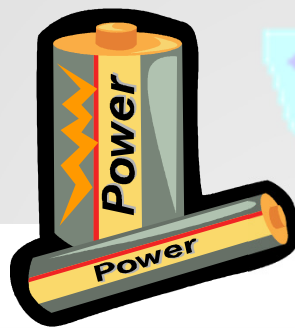
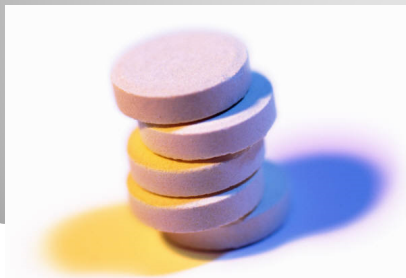
72 Hour Kit or “Disaster Kit”

- 72 Hour Kit is a much larger kit meant to be used when you must stay at home. (Shelter in Place)
 - Water (5 gallons per person)
 - Canned vegetables, fruit, juices and meats may also supply a source of water as well as nourishment.
 - Purifying agent: household bleach



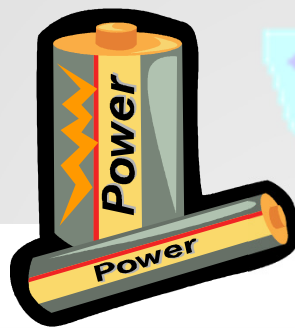
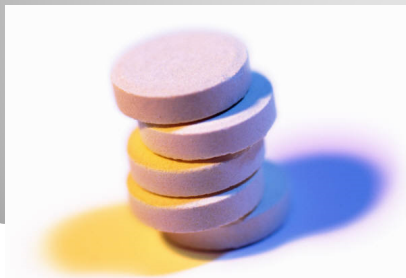
72 Hour Kit or “Disaster Kit”

- Food: non-perishable, compact, ready-to-eat
- Stress foods: sugar cookies, hard candy
- Smoked or dried meats: beef jerky
- High energy foods: peanut butter, trail mix, nuts
- Medications: prescriptions (at least one week supply)
- Over-the-Counter Medications
 - Tylenol/Ibuprofen
 - Antacid, laxative, anti-diarrheal
 - Antihistamine/Allergy Medications: Benadryl
 - Hydrogen Peroxide & Antibacterial Ointments



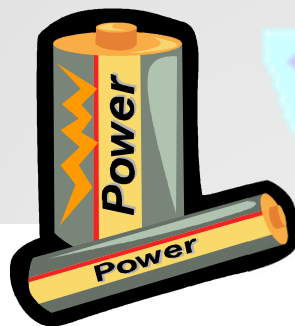
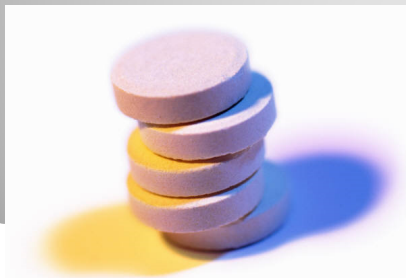
72 Hour Kit or “Disaster Kit”

- Basic First Aid Kit
- Tools & Supplies: basic repairs and rebuilds for your specific needs
- Eating & Drinking Utensils/Plates
- Special Utensils
- Battery and/or Hand-crank radio
- Extra batteries
- Baggies/Aluminum Foil
- Manual Can Opener
- Flashlight and extra batteries



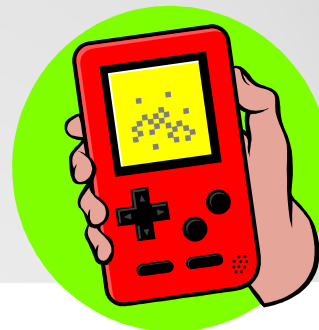
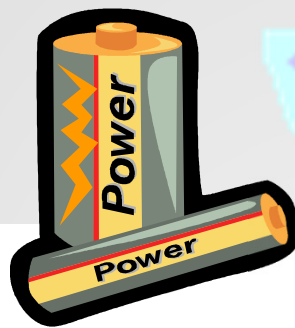
72 Hour Kit or “Disaster Kit”

- Emergency Candles/Matches (Risk of fire so be careful)
- Whistle
- Utility Knife
- Paper/Pencil
- Toilet Paper
- Trash Bags to collect & dispose of human waste
- Soap/Personal Hygiene/Hand sanitizer
- Feminine Products
- Blankets - Pillow



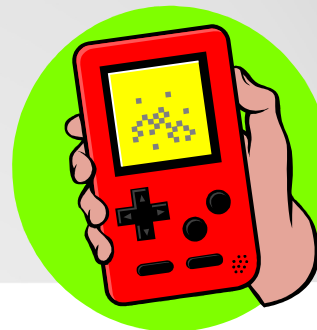
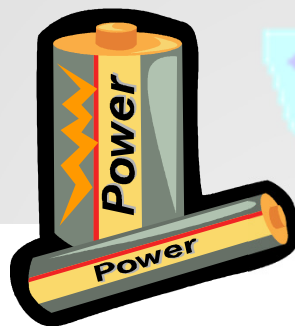
72 Hour Kit or “Disaster Kit”

- Entertainment (Books, magazines etc.)
- Games
 - Toys: non-electronic
 - Crossword puzzle



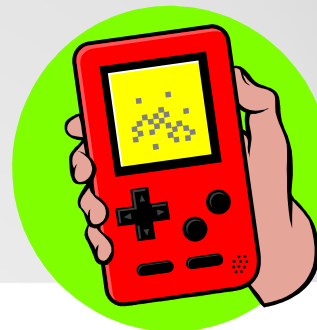
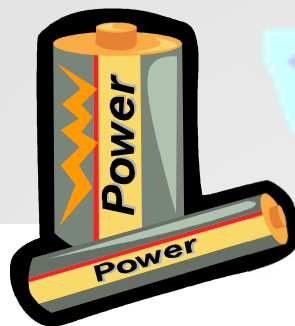
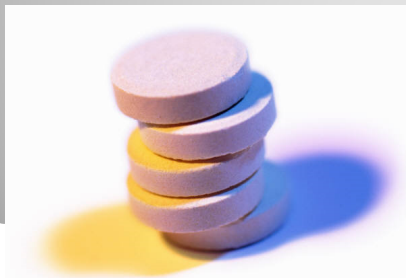
Functional Needs Kit

- Functional Needs Kit is a kit designed solely for a person with a disability that contains only specialized items that they would use:
 - Emergency Card: Pertain Information about the individual
 - Primary Medical Diagnosis
 - Communication Aids
 - Dependent Medical/Adaptive Devices



Functional Needs Kit

- Allergies/Medication/Dietary List
- Contact Information for a Responsible Party
- Glasses, Hearing Aids with batteries
- Back-up Adaptive Devices
- Items/things that assist with the individual adjusting to change



Sheltering

- “In Place” means staying at home or work
 - Most of the time, the safest and less stressful compared to a public place.
 - You may not have any rescue for 72 hours or longer.
 - Well prepared Go Kits are necessary.
 - Try to stay with Family and Friends.
- In public place
 - Many folks with intellectual disabilities can stay in a public shelter for a brief period.
 - Public shelters are required to be accessible and, in Arizona, many will have Assistive Technology Cache’s to handle needs.

Tips for Public Shelters for Self-Advocates

- Consult the shelter doctor or nurse if you think your medication is causing you problems.
- If you have a disability, work particularly hard to understand the environment.
- Watch body language so you will know when it's a good time to ask a question.
- Think carefully before you speak.
- Shelters are noisy and busy and boring, but they can save your life.

Service Animals: Special Considerations

- **They are not pets!!! They are allowed in all shelters!**
- **Consider including the following items in a Go Kit for your service animal:**
 - Collar, Leash, Harness
 - Picture, ID tags of your service animal in case you get separated
 - Portable bowls
 - Emergency water - 1 gallon
 - Food - Treats



Service Animals: Special Considerations

- Crate – Blanket
- Favorite toy
- Newspaper for lining
- Paper and plastic bags for cleanup
- Medications
- Medical and immunization records



Leave a Message If You Evacuate

- Leave a note for rescue workers.
- Make sure people know you are safe and where you are going.
- Division of Developmental Disabilities can help with services.



Go to the Reception and Care Center



- That might be easier said than done – What do you do?
- Be Ready - that means practice.

Why is this Important?

- Anyone remember Katrina?
- What happened to persons with cognitive disabilities?



What is the Reception and Care Center?



- Response to a major catastrophic event in a coordinated interagency effort.
- All of the Department of Economic Security critical business functions participate.
- It allows for an immediate response to the needs of persons with developmental disabilities, families and caregivers.

Reception and Care Centers (RCC)

- Reception and Care Center will allow Division of Developmental Disabilities to:
 - Track as many of the consumers served by the Division as come through the doors.
 - Help to ensure the safety and security of the persons served.
 - Reunite families, caregivers, etc.
 - Find alternative services for the persons served and their families.

What to Do

- Decide where your household will meet if there is no RCC.
- Pick two places as one might not work.
- One in your neighborhood and one outside the neighborhood.



PERSONAL SAFETY

I Am: _____

My Meds Are: _____

Important Things I Use: _____



SAFE AT HOME

My Kit Is Located: _____



COMMUNITY RESOURCES

911

County: _____

(AREA CODE) PHONE NUMBER

EMERGENCY INFORMATION

Radio Station: _____

TV Station: _____



PEOPLE WHO CARE

My Neighbor: _____

NAME

(AREA CODE) PHONE NUMBER

Friend/Family: _____

NAME

(AREA CODE) PHONE NUMBER



ONE Community Working Together

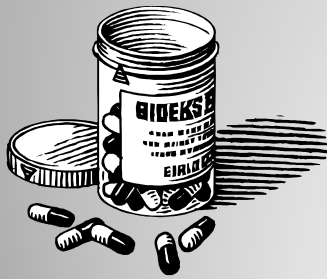
SAFETY INFO



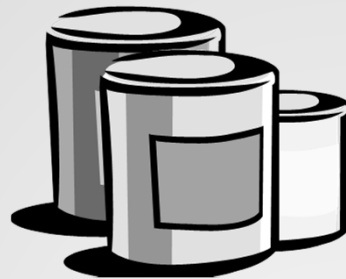
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Emergency "To Go" Kit

Every family needs an Emergency "To Go" Kit. An Emergency "To Go" Kit is a backpack, suitcase or other bag filled with important items that are needed to respond to and recover from an emergency or disaster. Only five of the eight items pictured below belong in an Emergency "To Go" Kit. Circle the items that you would pick.



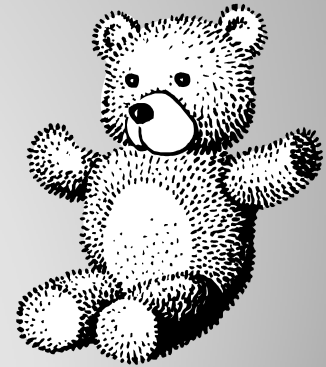
Medicine



Canned
Food



Flashlight



Toys



Schoolbooks



First Aid Kit



Rubber
Duck



One Gallon
Water

ONLY YOU!

- Basic Steps
 - Develop a Support Network.
 - Develop a Plan and **Practice, Practice, Practice.**
 - Develop a “Go Kit” and “Disaster Kit”.
 - Know where your local shelter and Regional Resource Centers are located.
 - Participate in Emergency Planning and Exercises.

State and Local Emergency Resources

- 911- but not the best if a mass disaster strikes
- Arizona Department of Homeland Security

<http://www.azdohs.gov/>

- Just In Case Arizona

<http://www.justincasearizona.com/>

State and Local Emergency Resources

- Arizona Division of Emergency Management
<http://www.dem.azdema.gov/preparedness/planning/specneeds.html>
- Arizona Emergency Information Network
<http://www.azein.gov/azein/default.aspx>
- Connected to 211
www.az211.gov